



Nature's
EMPORIUM **RUN FOR**
SOUTHLAKE
VIRTUAL CHALLENGE



Leading edge care, close to home

When your family or loved ones face a medical emergency there is comfort in knowing that leading edge care is right down the street.

Help us continue to deliver exceptional care, close to home for our community.

“Southlake is not bound by what a community hospital usually does. We are proud to deliver the same or better outcomes for patients as the large academic hospitals in Toronto.”

Dr. Julius Toth
Physician Lead, Surgical Program



Join the Challenge

WEEK ONE

EAT WELL WITH SOUTHLAKE

Gear up this spring by focusing on your nutrition. Hear from professionals at Nature's Emporium about foods that fuel you. Set your own nutrition goal for the week!

WEEK TWO

MAKE IT A HABIT WITH SOUTHLAKE

Keeping your nutrition goals in mind, focus on how and how often you want to move this week. Work on your long-term health by making fitness a consistent part of your routine.

WEEK THREE

BUILD YOUR ENDURANCE WITH SOUTHLAKE

This week is all about endurance. Decide how long you want to move each time you get active. Is it 5 minutes a few times a day? Or one 30-minute workout class? Set goals based on what fits your schedule best.

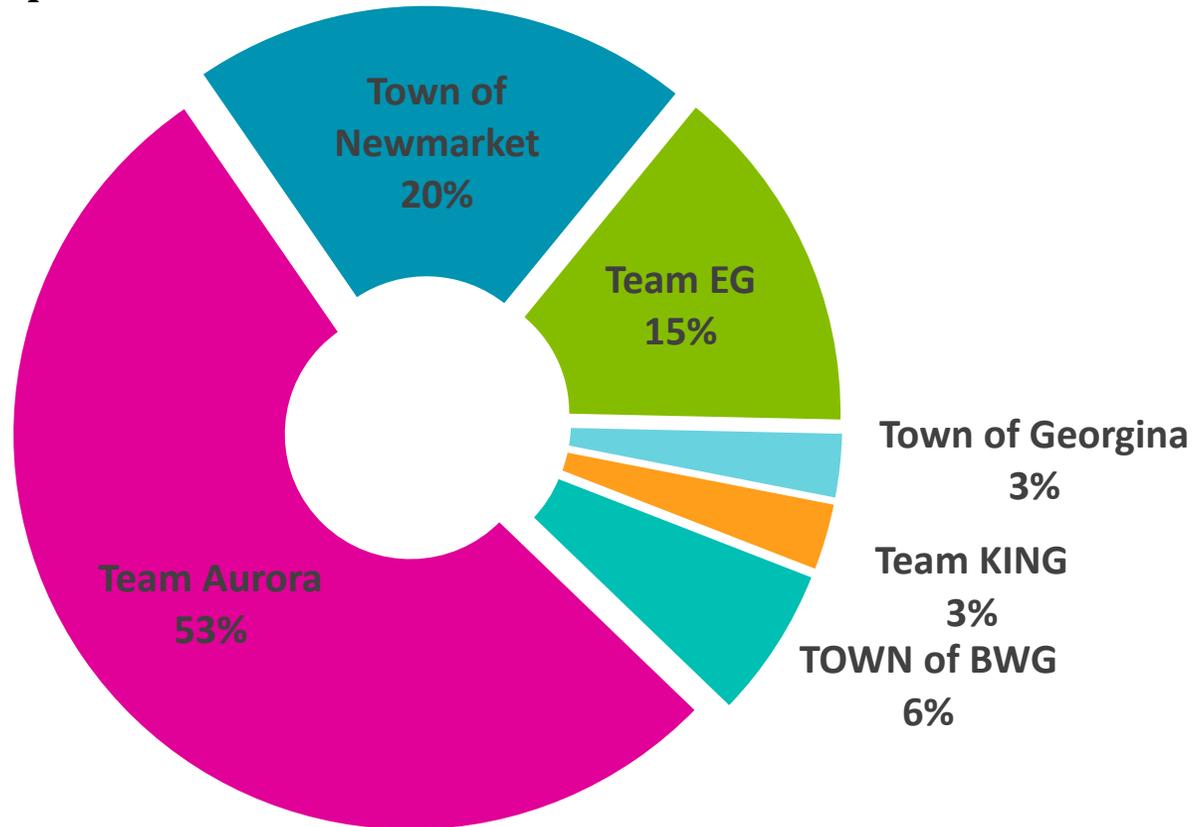
WEEK FOUR

GO THE DISTANCE FOR SOUTHLAKE

You are in the home stretch! Want to run a marathon this week? Bike 10km in 30 minutes? Jump rope around the block? Set ANY personal distance goal! Decide how far YOU want to go for Southlake.

Mayor's Challenge

Friendly fundraising competition to see which team can raise the most in support of OUR hospital!





emi_jeeeeeee · Follow

emi_jeeeeeee We walk/run 5-10K every day. But this week, we do it for a cause.

Nope, the dogs are not impressed with us 😊.

#s15k #s15k2020 #s15ktogetherapart #s15kvirtualchallenge

3d

cherrymay01 We are so cute! 3d 2 likes Reply

dereksmithrmt Yes @cherrymay01yes you are! You guys are great!!

Liked by k_knizz and 85 others

3 DAYS AGO

Add a comment... Post

michelle.kayak.life aviaaek · Following



Nature's Emporium RUN FOR SOUTHLAKE VIRTUAL CHALLENGE



Register now at runforsouthlake.ca

♥ 🔍 🗑️